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Effects of Stress on Humans

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Grand Island Senior High School

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Effects of Stress on Humans

Kayla Solorzano

Nebraska College Preparatory Academy

Grand Island Senior High 2015

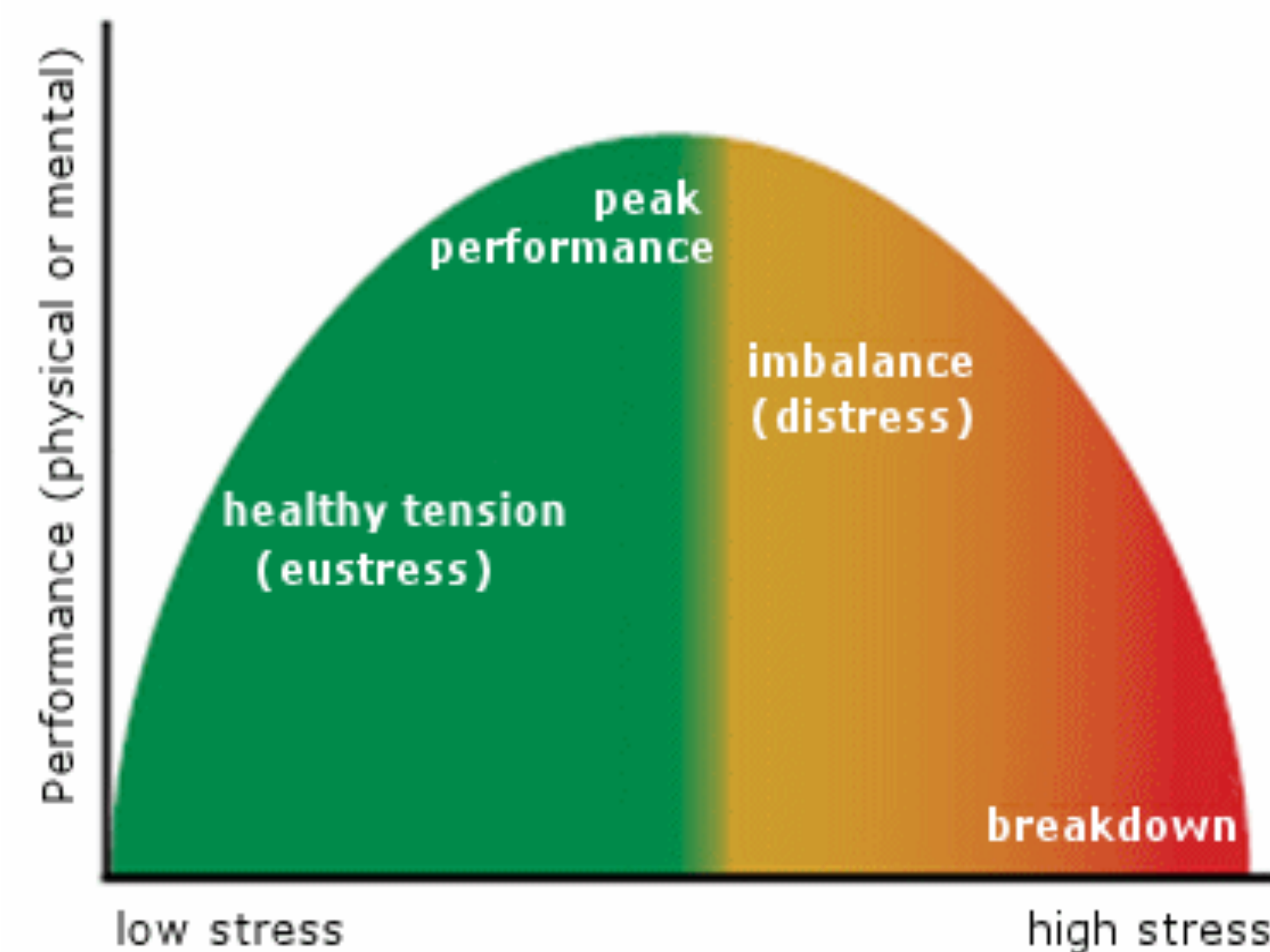
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Abstract:

Stress is the result of many factors that occur in life and should be dealt with in a serious manner. Too much stress that is untreated can lead to many health problems. Many people interpret stress differently, and stress affects people differently as well. When we react to stress many changes occur within our body. There are many ways to manage stress, and to maintain a healthy lifestyle.

Key points:

- Neuroimaging studies prove that when one undergoes stress it has some effects within the brain.
- Stress is different for every person therefore when one experiences stress it may not be the same amount of stress as someone else.
- Not treating stress can lead to many unhealthy problems such as: hypertension, depression, anxiety, and more.
- Managing stress depends on the amount of stress, but no matter what stress management is key.



Conclusions & Discussion:

I agree with what I found in my research. I believe when one is under stress it affects their health and if it is not treated right away and seriously than it can damage a person physically, mentally, and emotionally.

Further research I would do is how people deal with stress while they are taking stress management classes, such as yoga.



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